

## **Grilled Cauliflower**

Wash thoroughly and slice before preparing the grill safe vegetable packet. Separate cauliflower into bite sized pieces. Soak in butter, or oil, before grilling. Grilled cauliflower can cook unevenly. Cooked cauliflower looks and tastes similar to mashed potatoes, and is occasionally used in place of potatoes in recipes. However, due to high fiber content, avoid a sudden swift change in dietary fiber amounts consumed, or unwelcome pain and discomfort will occur. Cauliflower is often ready to be picked and eaten far before potatoes, and is an early garden substitute. It's not difficult to grow, although garden pests also like it.

### **Pre Cook Preparation:**

- A. Timer set for preparation time set for 10 minutes before you plan to put the food on the grill

### **Meal Adaptations:**

#### **Physical Accommodations:**

- Frozen or canned vegetables can be used
- Long oven mitts and oven rack puller
- Sit on a stool while stirring

#### **Visual Accommodations:**

- Colored chopping boards

### **Potential Food Allergy or Intolerance:**

- Bacon bits
- Butter (lactose)
- Cauliflower
- Pepper
- Spices

### **Meatless Preparation Avoid:**

- Bacon bits
- Butter
- Substitute with: \_\_\_\_\_

### **Utensils:**

- Chopping board
- Fork
- Knife
- Pot holders
- Spoon

**Pan:**

**Grill safe aluminum pan, or**

**\*\* Grill packet**

**\*\* To make the packet, tear off a large piece of foil, place the vegetable on one half, and add a dash of salt and butter. Fold the foil in half. Crimp the side by folding them over two to three times. Do the same with the top. Add holes with a toothpick, or a fork, to let heat in and liquid escape. Potato slices, onions, baked beans, corn, and squash can be cooked this way.**

**Ingredients:****Meat:**

**Optional:**

**1/4 cup of bacon bits**

**Vegetables:**

**15 ounces of cauliflower**

**Other ingredients:**

**1 tablespoon of butter**

**Dash of salt**

**Spices, such as pepper, to taste**

**Preparation time: 10 minutes**

**Preparation:**

**1. Wash and chop 15 ounces of cauliflower.**

**2. Add to grill safe aluminum pan, or \* grill packet:**

**1 tablespoon of butter**

**15 ounces of cauliflower**

**Dash of salt**

**Spices, such as pepper, to taste**

**Optional:**

**1/4 cup of bacon bits**

**3. Close packet and place on grill.**

**Cook Temperature: Grill**

**Cook Time: About 15 to 20 minutes**

**Servings: 4 to 5**

**Storage Solutions: Square containers in individual servings**

**Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer**

**Fridge safe: 3 to 4 days \* Per FDA Storage Chart link in Resources**

**Freezer safe: 2 to 3 months \* Per FDA Storage Chart link in Resources**

**Reheat Instructions:****Microwave: Time and temp may vary.**

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: \_\_\_\_\_.

**Stove Top: Time and Temp may vary.**

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: \_\_\_\_\_.

**Oven Directions: Time and Temp may vary.**

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 10 minutes.

Add your oven time here: \_\_\_\_\_.